



DEPARTMENT OF THE ARMY  
HEADQUARTERS, 30TH MEDICAL COMMAND  
APO AE 09042

Office of the Commander

Dear Soldiers, Civilians, and Families of the 30<sup>th</sup> MEDCOM:

Command Sergeant Major and Cecelia King and Kathy and I wish you and yours the best this holiday season.

This is the season to count our many blessings and reflect on those things we hold most dear. Please keep all deployed Soldiers- especially 30<sup>th</sup> MEDCOM Soldiers from the 67<sup>th</sup> Forward Surgical Team (Airborne) and the 64<sup>th</sup> Veterinary Detachment- and their Families in your thoughts and prayers. We recognize the additional sacrifice made by these Soldiers and their Families and maintain our steadfast commitment to help in any way we can.

Thanksgiving is traditionally the beginning of winter activities. Take time this season to plan ahead, and remember to remain vigilant. When travelling, both locally and long distances, take the proper steps to ensure safety both for you and your loved ones. Remember to pay special attention to travel messages from the State Department (<http://www.state.gov/travel/>), and check with our unit security personnel if you have questions.

Look out for one another. The holidays can be a stressful time, so we must be mindful and offer assistance as any close-knit team would. Please care for our fellow Soldiers and Families, both inside our unit and in our communities. Asking for help is always a sign of strength as well as a good decision.

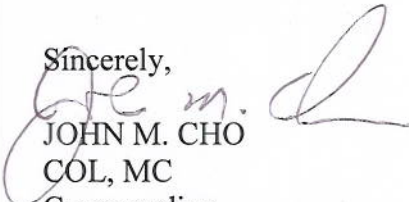
We encourage everyone to practice healthy living mentally, physically, and spiritually. Take time to nurture your spirit as it is an integral part of comprehensive Soldier and Family fitness.

We have successfully completed a great year together. In 2011, we trained as an entire Medical Command in Grafenwoehr, partnered with coalition partners on many exercises, hosted a stellar Expert Field Medical Badge certification, and led the way in the ERMC Best Warrior and Medic competitions.

Thank you in advance for making 2012 a stellar year! Keep in mind that you are our nation's best and the reason why 30<sup>th</sup> MEDCOM enjoys its great reputation. Continue to do what is right, live the Army Values, and sustain you healthy living lifestyle- well into 2012!

**One Team ... Moving Forward!**

Sincerely,

  
JOHN M. CHO  
COL, MC  
Commanding